

# ANNUAL UPDATE

# HONDURAS

## LEMPIRA



**Together with your sponsorship, children and families are making positive changes in Lempira. Learn more about the valuable ways we work with children and communities.**

Warm, mountainous Lempira is located in western Honduras, and is home to hot springs and the 17th century Castillo San Cristobal. More than 25% of students in this region are illiterate, which is why our “Reading for Empowerment” programme has been a central project in Lempira since 2014.

Thanks to your support, this year, we were able to provide new teaching resources for 33 school libraries, five new mobile libraries, two new public libraries and one community library.



**7,560**

Children have access to new libraries



**300**

Teens learned more about the risks of early pregnancies

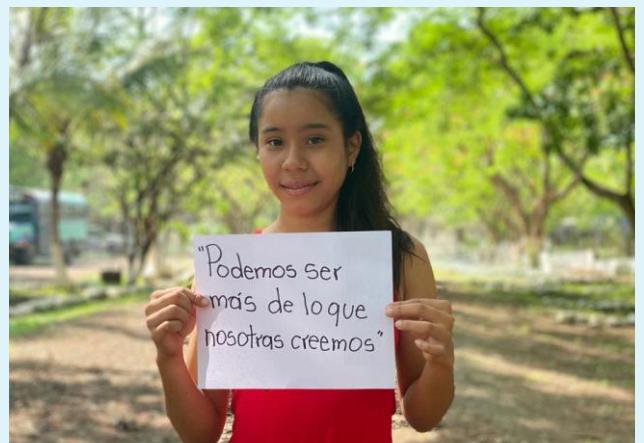


**120**

Teachers created new recreational clubs for children

**“PLAN’S LEADERSHIP SCHOOL HAS TAUGHT ME THAT MY RIGHTS ARE THE SAME AS A MAN’S RIGHTS.”**

Nilser, 14 years old, Sponsored Child





**NAME: JACQUELINE**

**AGE: 17 YEARS OLD**

**DREAMS TO BE: A  
ENGINEER**

**“THANKS TO THE SUPPORT OF PLAN AND THE PEOPLE WHO HELPED ME DURING MY PROCESS. I AM ABLE TO CONTINUE MY NORMAL LIFE WITH BETTER HEALTH.”**

## Meet Jacqueline

**Like the child you sponsor, Jacqueline is making steps towards achieving her goals and building a stronger future for herself.**

Jacqueline is a cheerful teenager who loves to watch animal documentaries and practice her cooking and handicraft skills. She says she is very happy in her village, where they grow and harvest their own food and medicinal plants.

## A Surprise Attack

Yet like many youth, Jacqueline faces stressful situations. Honduras is affected by extreme weather events which impact food security and access to water. Poverty and inequality also play a role in the daily lives of teens like Jacqueline.

“I had an emergency while I was in class,” says Jacqueline. “The pressure in my chest, my heart was pounding, I felt short of breath.” She collapsed and was sent to hospital, where she was diagnosed with anxiety.

Anxiety is serious—yet with the support of Plan, the community and her family, Jacqueline is now able to control her anxiety and continue her life and her studies.

## Focusing On Her Future

Jacqueline says, “I have become more empathetic, and it helped me to understand people. I am very grateful to my family, to the community, to Plan for all the support they have given me.”

Anxiety, Jacqueline reports, has not stopped her. With a diagnosis and Plan's support of medical help, she is moving on with her life—continuing her studies and learning English as a second language. “I know that like me there are many other people who suffer from anxiety, and I would like to tell them that everything will get better.”



*With a diagnosis and support, Jacqueline can focus on school.*

# OUR PROJECTS IN LEMPIRA ARE HELPING CHILDREN THRIVE



## BUDDING BOOKWORMS



Since 2014, more than 33,100 children have practised reading in new community libraries.

Plan International's "Reading for Empowerment" project weaves together literacy, school beautification, and arts and crafts to create strong positive connections between young students and learning. Since our project first began in 2014, your support has helped us establish 33 new school libraries, two public libraries and one community library, which have been visited by 16,076 boys and 17,028 girls.

This year, 2,640 students participated in our fun and educational "60 Days of Reading" programme. 30,052 books were donated to thousands of readers, and 51 new mobile libraries will bring these books to students around the region.

This year, 298 children and adolescents learned that menstruation is normal, and nothing to be ashamed of.

## BREAKING THE SILENCE



**170 young people learned about sexual health and rights.** While early pregnancies, sexually transmitted infections and gender-based violence in Honduras are high, discussing sexuality, even educationally, is often seen as taboo. This year, our "Generation with Decision and Leadership" programme set out to break the silence.

Since July 2022, we have worked with 170 children and teenagers in six communities to have honest, educational conversations about not just early pregnancy, but also gender roles and gender-based violence. We collaborated with local health care providers to bolster support services to young people, and held an educational fair about teen pregnancy, which was attended by 300 students.

"I can talk to girls about menstruation. Sometimes boys tease us, and it's important that they learn that periods are normal, and we need to be respected."

- Rosemary (15) from Lempira



# YOUR SUPPORT MEANS BETTER FUTURES



**The best is yet to come – and together we will continue to work for a brighter future for the children in Lempira.**

- Today, 1,319 teens under 18 years old in Lempira are pregnant. With your support, we will strengthen youth organisations to create safe spaces to talk about sexual health and rights.
- More than 79% of homicides in Lempira target young adults. Next year, we will collaborate with local governments to make protection networks for vulnerable communities more robust.
- Between January and April 2023, there were 17,983 reports of domestic abuse in Honduras. In 2024, we will discuss non-violent communication and positive masculinities with parents.

**Thank you for your continued support.**



“Thank you for your sponsorship. With your help, we have been able to give children a protective, inclusive and safe environment.”

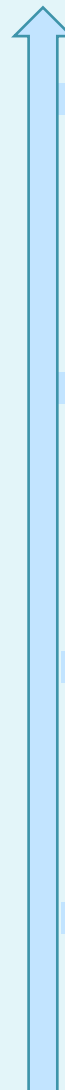
**Aldo Benjamín Guillen**  
Programme Area Manager

## THE PLAN EFFECT



**Your sponsorship commitment becomes long-term change – providing help for self-help.** We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan’s Effect, your commitment helps empower communities to transform their lives and futures.

## THE LAST 12 MONTHS



**MARCH**

**200**

Teachers discussed children’s safety and inclusion



**JULY**

**2,640**

Children received virtual learning resources



**OCTOBER**

**433**

Students now have new school libraries



**NOVEMBER**

**298**

Girls received menstrual hygiene kits

